

## F. Education Module 4 - Infection Control Practices: Hand Hygiene

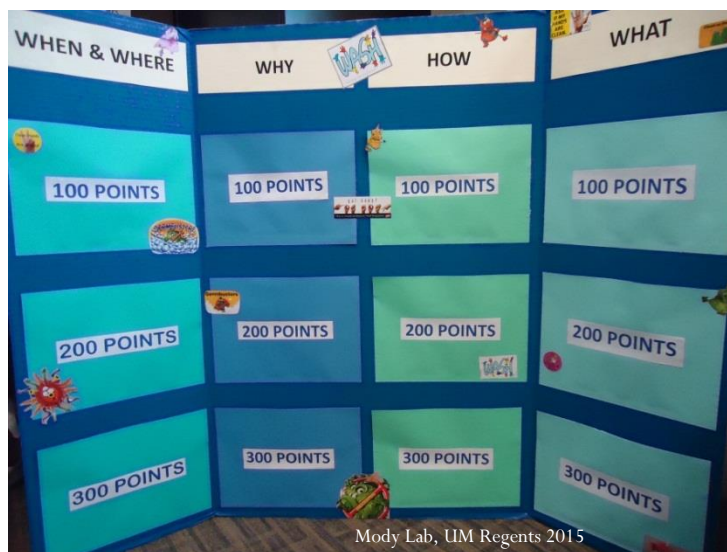
In place of a content presentation, a hand hygiene dance video called “Ô les mains!” was shown. This video was created by the World Health Organization/Infection Control Programme of the Geneva University Hospitals, VigiGerme initiative. Links to the video are listed below:

<http://vigigerme.hug-ge.ch/> (see right hand side of webpage)

[http://www.youtube.com/watch?v=0at\\_jtzJCDM](http://www.youtube.com/watch?v=0at_jtzJCDM)

### Interactive Activity: Hand Hygiene “Jeopardy”

A question and answer game played like “Jeopardy” was used to reinforce healthcare personnel knowledge about hand hygiene. We created a playing board with different categories and point values. Questions and answers were printed on cards and placed in slots in the board. Attendees were divided into teams. A “Host” moderated the questions, and the first team to raise their hand with the correct answer was awarded the points. After all questions were asked, the team with the most points was declared the winners and given small prizes (e.g. a pen, small notebook, or candy). Question and answer cards are shown below. Remember, in “Jeopardy” the answers are the clues and the teams guess the question!



Hand Hygiene “Jeopardy” Board

**Category: When & Where**

**Points: 100**

**Answer:** Here you can find more germs than there are people in the United States.

**Question:** What is the human body?

The human body contains about 100 trillion bacterial cells (about 10 times more than human cells). There are over 300 million people in the United States.

**Category: When & Where**

**Points: 100**

**Answer:** This is the minimum amount of time that you should rub your hands together for hand hygiene.

**Question:** What is 15 seconds?

**Category: When & Where**

**Points: 200**

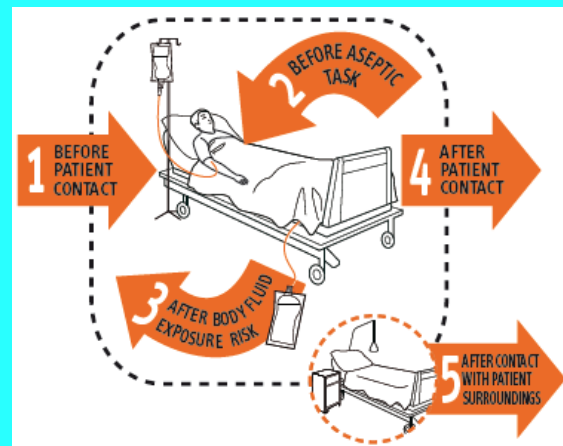
**Answer:** In the United States, there are an estimated 1.7 million of these each year.

**Question:** What are healthcare-associated infections?

**Category: When & Where**

**Points: 300**

**Answer:** (larger version in resources, WHO)



**Question:** What are the WHO 5 moments for hand hygiene?



✂ Cut here

**Category: Why**

**Points: 100**

**Answer:** This hand hygiene product is not recommended which your hands are visibly soiled.

**Question:** What is alcohol-based hand sanitizer?

Soap and water is needed to remove any visible hand soils.

**Category: Why**

**Points: 200**

**Answer:** More than 20 published studies prove that alcohol-based hand sanitizer may be more effective than soap and water for these reasons.

**Question:** What are:

1. Kills bacteria more effectively?
2. A greater initial reduction in hand flora?
3. Quick and convenient to use?
4. Less skin irritation?

**Category: Why**

**Points: 300**

**Answer:** Cleaning your hands between residents is important for this main reason.

**Question:** What is to reduce transmission of bacteria to other residents?

There are over 1.7 million healthcare-associated infections causing over 90,000 deaths each year in the US.

**Category: How**

**Points: 300**

**Answer:** If only some of the bacteria are killed during treatment of an infection, others may flourish and develop this.

**Question:** What is antibiotic resistance?

Intentionally Blank

**Category: How**

**Points: 200**

**Answer:** Most hand contamination result from people touching these three parts of their own body with unwashed hands.

**Question:** What are mouth, nose and eyes?

**Category: How**

**Points: 200**

**Answer:** \_\_\_\_\_ hands spread bacteria 1000 times more compared to \_\_\_\_\_ hands.

**Question:** What are wet/damp hands compared to dry hands?

**Category: How**

**Points: 300**

**Answer:** After being shot, President James Garfield died from a severe infection when the medical team treated him with these.

**Question:** What are dirty hands?

They were stained with manure.

**Category: How**

**Points: 300**

**Answer:** Healthcare workers can carry methicillin-resistant Staphylococcus aureus on their hands for up to this amount of time.

**Question:** What is up to 3 hours?

Intentionally Blank

**Category:** What

**Points:** 100

**Answer:** As many as half of all bacterial infections no longer respond to this.

**Question:** What are antibiotics?

**Category:** What

**Points:** 100

**Answer:** This combined with soap and water removes dirt and germs.

**Question:** What is friction?

The friction that occurs when you rub skin against skin, along with warm water and soap, followed by thorough rinsing and drying, removes potentially harmful bacteria from your hands.

**Category:** What

**Points:** 100

**Answer:** This is a ring-leader of a gang of bacteria which can cause serious respiratory infections in immunocompromised residents.



Photo: CDC/James Archer

**Question:** What is *Streptococcus pneumoniae*?

**Category:** What

**Points:** 200

**Answer:** A study by the University of Arizona determined that these carry the most bacteria in hospital rooms.

**Question:** What are the TV remotes?



Intentionally Blank

**Category:** What

**Points:** 200

**Answer:** While a potentially harmful bacteria, certain strains harmlessly live in the intestines of mammals.



**Question:** What is *Escherichia coli*?

**Category:** What

**Points:** 300

**Answer:** This organism contributes to a significant amount of the over 90,000 deaths attributable to healthcare-associated infections each year in the US.

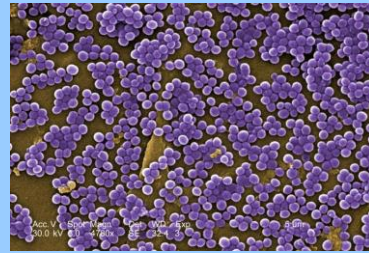


Photo: CDC/Janice Carr

**Question:** What is methicillin-resistant *Staphylococcus aureus* (MRSA)?

Intentionally Blank

**Targeted Infection Prevention (TIP) Program**  
**Module 4: Hand Hygiene**

PRE/POST-TEST

DATE: \_\_\_\_\_

Please check one answer for each of the following questions.

1. What is the minimum amount of time that you should rub your hands together with soap when you are doing handwashing?
  - a. 5 seconds
  - b. 15 seconds
  - c. 30 seconds
  - d. 60 seconds
  
2. It is okay to rinse your hands with water and dry them well if there is no soap available.

True       False
  
3. Drying your hands after washing with soap and water is an important step in reducing bacteria.

True       False
  
4. Antibiotic resistance in bacteria can develop when:
  - a. The antibiotic prescription is not finished.
  - b. Some bacteria that cause the infection are left behind after antibiotic treatment.
  - c. A certain antibiotic is overused.
  - d. All of the above.
  
5. Alcohol-based hand rub is not recommended for hand hygiene when:
  - a. Touching the resident's bedrail.
  - b. Giving the resident a high-five.
  - c. Sneezing into a tissue.
  - d. Hands are visibly soiled.

6. There are an estimated 1.7 \_\_\_\_\_ healthcare associated infections per year in the US

- a. Hundred
- b. Thousand
- c. Hundred thousand
- d. Million

7. Healthcare workers can carry MRSA on their hands for how long?

- a. 10-12 minutes
- b. Up to 1 hour
- c. Up to 3 hours
- d. Up to 24 hours

8. Alcohol hand gel is more drying to the skin than soap and water.

True       False

## Module 4: PRE/POST-TEST ANSWER KEY

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